Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 06:00 on Friday 31 Mar 2023 until 23:59 on Saturday 01 Apr 2023

Forecast Issued on Friday 31 Mar 2023 at 02:11 by Met Office Aberdeen

Confidence: Generally high confidence over the coming days, but lower for extent of low cloud and mist on Friday.

Headline for Friday 31 Mar 2023: Bright in the west but cloudier in the east.

Mountain weather hazards on Friday 31 Mar 2023

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
Low Likelihood

Poor visibility
Medium Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
No Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
Sunny intervals	Sunny intervals	Cloudy	Cloudy	Fog	Fog
Precipitation probability					
10%	10%	30%	30%	30%	20%

Forecast for Friday 31 Mar 2023

Weather: Dry with clear spells during the early hours, staying bright in the west through much of the day but low cloud affecting the east. Chance of a few scattered showers into the afternoon. Mainly dry but with increasing cloud into the evening.

Chance of cloud-free hill tops above 800m: Best chance along the west coast, 30% across the Trossachs

Low Cloud and visibility: Widely poor in extensive low cloud down to 500 to 800 metres, but only small amounts along the Argyll coast, occasionally more widely across argyll

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Friday 31 Mar 2023

Height (m)	Wind Speed mean/gusts (mph) Wind Direction (blowing from)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	15/18 E	14/19 E	12/17 E	15/21 E	12/17 SE	13/17 E	13/17 SE
900	15/22 E	15/21 E	11/17 E	14/19 SE	11/16 SE	11/16 SE	13/18 SE
600	11/14 E	11/15 E	9/14 E	12/18 SE	10/14 SE	10/13 SE	10/15 SE
300	6/7 NE	6/9 E	6/10 NE	9/17 E	9/17 E	9/17 SE	10/18 SE
Glen	3/10 NE	6/12 NE	6/11 E	7/12 E	5/10 SE	3/7 SE	4/9 SE

Height (m)	Temperature / Feels Like (°C)						
1300	1/-4	2/-4	2/-2	2/-4	1/-4	-0/-5	-2/-7
900	3/-2	4/-1	5/2	5/1	4/-0	2/-2	1/-4
600	6/2	6/3	8/5	8/5	7/4	5/2	4/1
300	7/6	8/6	10/9	10/8	9/6	7/4	5/2
Glen	7/6	10/9	13/12	13/12	11/10	9/8	7/6
Freezing Level*	1400m	1400m	1500m	1500m	1500m	1400m	1200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Note cold temperatures at height

Forecast for Saturday 01 Apr 2023
Weather: Low cloud at first, becoming confined to the east through the morning, to leave dry and bright conditions in the west. Further low cloud and patchy light rain or drizzle pushing in from the west into the evening.

Maximum wind: East to southeasterly 10-15 mph.

Chance of cloud-free hill tops above 800m: 30% at first, improving to 60-70%, decreasing to 20% during the evening.

Low Cloud and visibility: Low cloud, base 600-800m at first. Further low cloud pushing in from the west into the evening, base 500-700m and visibility reducing to moderate or poor at times in rain or drizzle.

Temperature: **Glens:** Plus 6 rising to plus 10 Celsius.
At 800m: Zero rising to plus 3 Celsius.
Freezing level: 1000m at first, rising above summits.

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